

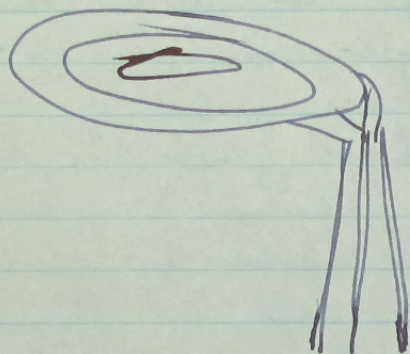
## ● Rectus Abdominus

O. Crest of pubis.

I. Cartilages of 5, 6, 7 ribs. xiphoid process.

Action - Trunk flex.  
Elevates pubis.

Enclosed in sheath of aponeuroses of  
2 oblique muscles + 1 transversus.



T. O. I. O. E.

When aponeurosis of oblique internus  
reaches lateral edge of rectus it divides,  
1 part joins aponeurosis of oblique externus  
+ passes in front of rectus.  
Other part joins aponeurosis of transversus  
+ passes behind. - except -  
in lower quarter of muscle, all 4  
aponeuroses pass in front.



## Post. abdominals.

Psoas major

L.T.

Psoas minor

Iliacus.

L.T.

### Quadratus lumborum.

0 - ilio-lumbar lig. + adjacent portion of iliac crest.

2 - lower border of last rib.

- lig & tendons to tubercles of transverse processes of upper lumbar vertebrae.

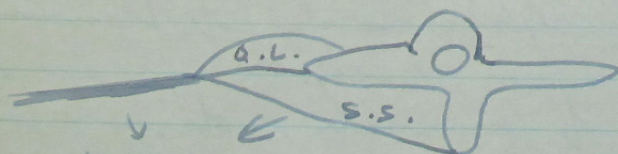
Action - Draws down last rib in beginning of inspiration.

(singly) - raises pelvis to thorax.  
(shortens one leg.)

## Back Muscles.

Lumbo-dorsal fascia.

- broad sheath covering <sup>deep</sup> muscles of back. Thin in thoracic region.



LAT. DORSI.

- thin in thoracic region, keeps back muscles separated from

Middle layer.

thoracic region.

Sacro-spinalis



## Posterior muscles of hip

<u>Muscles</u>	<u>Origin</u>	<u>Insertion</u>	<u>Action</u>
Tensor fascia latae.	Ant. part of iliac crest	Band of fascia latae.	<ul style="list-style-type: none"> <li>- Flexes hip</li> <li>- Rotates hip medially</li> <li>- Abducts.</li> <li>- Stadies femur.</li> </ul>
Gluteus maximus	Post. part of outer lip of iliac crest + - post. gluteal line - dorsal surface of sacrum	Gluteal tuberosity of femur.	<ul style="list-style-type: none"> <li>- Extends hip + rotates it out.</li> <li>- Rotates pelvis up.</li> <li>- Raises trunk from stooping.</li> </ul>
Gluteus medius	Between ant. + post. gluteal lines	Great trochanter of femur.	<ul style="list-style-type: none"> <li>- Abducts</li> <li>- Ant. fibres flex + rotate hip in (standing on 1 leg)</li> </ul>
Gluteus minimus	Between ant. + inf. gluteal lines.	Lesser trochanter	Same as medius.
Quadratus femoris	Tuberosity of ischium	Intertrchanteric crest of ilium	Adducts + rotates thigh out.



<u>Muscles</u>	<u>Origin</u>	<u>Insertion</u>	<u>Action</u>
Psoas Major	Lumbar vertebrae	Lesser trochanter	Flexes thigh (strongest hip flexor)
Psoas Minor	12 <sup>th</sup> thoracic 1 <sup>st</sup> lumbar vert.	Alispectineal eminence costal bone	Tilts pelvis up
Iliacus	Iliac fossa + base of sacrum	Lesser trochanter	Acts with psoas as hip & trunk flexor. Tilts pelvis forward.
Sartorius	Ant. sup. spine of ilium	Head of tibia - ant. med.	- Flexes hip & knee. - Abducts + rotates hip out. - Rotates tibia medially when knee is flexed.
<u>Anterior muscles of hip.</u>			



- 1<sup>st</sup> layer. Intersimus dorsi.  
 Napezius
- 2<sup>nd</sup> layer. Levator anguli scapulae  
 Rhomboide
- 3<sup>rd</sup> layer. Serratus posterior sup. <sup>elevates ribs</sup>  
 Serratus posterior inf. <sup>depresses ribs</sup>  
 Splenius <sup>+ S.C.M. head back</sup>
- 4<sup>th</sup> layer. Sacro-spinalis. (Erector spinae) <sup>extends</sup>  
 Semi-spinalis. <sup>head back</sup>
- 5<sup>th</sup> layer. Multifidus <sup>arch back</sup>  
 Levatores Costarum. <sup>extend T. sh. + lat. of spine</sup>  
 Rotatores. <sup>rotate vertebrae</sup>

3<sup>rd</sup> layer.

1) Serratus posterior sup.

- upper part of thorax.
- thin sheath going down + laterally - att. to ribs.

Acts - elevates ribs in inspiration (deep.)

2) Serratus post. inf.

- att. to last 4 ribs.
- acts in inspiration, draws down lower 4 ribs from

3) Splenius - head + neck.

- strong - draws head back.
- (singly) - turns + bends head to same side, works with S.C.M.



4th layer

Sacro-spinalis (erector spinae.)

- fills ~~space~~ space on sides of spine.

0 - spines of sacrum, + off spines of lumbar + 12 + 12th thoracic. post. part of crest of ilium + sacro tuberos lig.

2 - divides in upper lumbar region into 3 parts.

1) ilio-costalis - lateral - ribs at ls.

2) longissimus - intermediate trans. processes.

3) spinalis-medial - spines.

- in shingles - insertions in relaye.

Action

Trunk extension - if 1 side acts side-bending.

Semi-spinalis

Series of muscular slips in thoracic + cervical regions.

Action - turn H. + T. to opposite side with neck extension.

- upper part thicker than lower part - bends head backwards.



## 5th layer

### 1) Multifidus

Series of small muscles, filling grove. of spine on either sides of spines of vertebral column.

O - back of sacrum, from articular

processes of lumbar vertebrae

- transverse processes of lumbar vert.

- art. processes of cervical vert.

I - spines of vertebrae above. ✓

$\frac{1-4}{L}$

$\frac{1-3}{T}$

$\frac{1-2}{C}$

Entered back in segments & rotate vert. to opposite side.

### 2) Rotatores

- Deep to multifidus

- from transverse process of 1 vert. to lamina of vert. above.

Action - Rotate individual vert. to opp side.

Nerve supply to all back muscles

- from post. rami of spinal nerve.



## Humerus

### Abduction

Deltoid (middle)

Infra-spinatus

~~Supra-spinatus~~

Long head of ~~biceps~~  
st. of radius

### Adduction

Mus major

Latissimus - dorsi

Pect. Major

Corac - Brachialis

h. spine.

h. spine.

h. spine.

front. hum.

### Rotation medially

Mus major

Sub - scapularis l. t.

Latissimus - dorsi

h. spine.

l. tubercle

h. spine.

### Rotation laterally

Supra - spinatus

Mus minor

Infra - spinatus

g. tubercle

g. tubercle

g. tubercle

### Muscles of elbow

Brachialis

Biceps

~~Corac - Brachialis~~

~~Brach - Brachialis~~

Brachio - radialis

st. of ulna + c. k.

st. of radius

med. humerus

st. of ulna + c. k.

### Supinators of forearm

Biceps

Supinator

Brachio - radialis

st. of radius  
upper radius



## Muscle

## Origin

Trapezius

Long head -  
intra-glenoid fossa of scap.  
Lateral head -  
post. <sup>lat</sup> lower half of humerus  
Medial head -  
post. <sup>med</sup> lower half of humerus

Deltoid

Lateral half of ant. clavicle  
Acromion & spine of scap.  
Coracoid process

Biceps

Long head  
- infra-glenoid tubercle  
Short head  
- coracoid process

Crao-trachialis

Coracoid process  
& biceps (long head)

Pectoralis Major

Medial half of ant. clavicle  
Upper 6 ribs & sternum

Pectoralis Minor

3rd, 4<sup>th</sup>, 5<sup>th</sup> ribs.

Stero-Cleido-Mastoid

Medial end of clavicle

Subscapularis

Costal surface of scapula

Subclavius

Sternal end of 1<sup>st</sup> rib  
& c. cart.



## BICEPS BRACHII.

- 1) CHIEF FLEXOR OF FOREARM AT THE ELBOW.
- 2) STRONGEST SUPINATOR OF FOREARM AT THE RADIO-ULNAR ARTICULATIONS.

## TRICEPS.

- 1) AS A WHOLE EXTENDS FOREARM.
- 2) THE LONG HEAD EXTENDS + ADDUCTS HUMERUS AT SHOULDER-JOINT.





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